

How Many Fruits and Vegetables Do You Need?

Everybody should eat a healthy diet rich in fruits and vegetables. But most adults need to eat more than children. And men need even more than women. Over 75% of all African Americans aren't eating enough fruits and vegetables to keep them healthy.

Women			Men		
	AGE	FRUITS	AGE	FRUITS	VEGETABLES
less active	19-30	2 cups	19-50	2 cups	3 cups
	31-50	1½ cups	51+	2 cups	2½ cups
	51+	1½ cups			
fairly active	19-50	2 cups	19-30	2 cups	3½ cups
	51+	1½ cups	31+	2 cups	3 cups
active	19-50	2 cups	19-30	2½ cups	4 cups
	51+	2 cups	31-50	2½ cups	3½ cups
			51+	2 cups	3 cups

Girls			Boys		
	AGE	FRUITS	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	2-3	1 cup	1 cup
	4-8	1 cup	4-8	1½ cups	1½ cups
	9-13	1½ cups	9-13	1½ cups	2½ cups
fairly active	14-18	1½ cups	14-18	2 cups	3 cups
	2-3	1 cup	2-3	1 cup	1 cup
	4-8	1½ cups	4-8	1½ cups	1½ cups
active	9-13	1½ cups	9-13	1½ cups	2½ cups
	14-18	2 cups	14-18	2 cups	3 cups
	2-3	1 cup	2-3	1 cup	1 cup
4-8	1½ cups	4-8	1½ cups	2 cups	
9-13	1½ cups	9-13	2 cups	2½ cups	
14-18	2 cups	14-18	2½ cups	3½ cups	

MOST AFRICAN AMERICANS NEED TO EAT MORE FRUITS AND VEGETABLES EVERY DAY



